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Kitchen Hack: One-Minute Bread

Seth Simonds
Seth writes about lifestyle tips on Lifehack. Read full profile

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Oven-fresh bread is one of life's simple joys. Ciabatta, a crisp-crusted Italian bread with hints of sourdough and loads of crannies longing for butter, is one of the easiest breads to make at home.

Why are we talking about baking bread on Lifehack? Because kitchen hacks aren't just impressive, they often have very tasty results! In this instance, **I'm going to show you how to make ciabatta with less than one minute of prep time**. How is that possible? Like many great hacks, this one uses simple ingredients and as few steps as possible to get the job done.

You may have heard of "no-knead" bread before. Mark Bittman and many others have promoted their versions of an artisan bread that doesn't require any heavy labor. While those recipes also create delicious results, they involve too many steps to be considered a real hack.

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real hack.

I wanted something very, very simple that delivered great results in 60 seconds of prep time or less. It may take you a few tries to get below the one-minute mark, but I think you'll enjoy the results every time!

For your ciabatta you'll need:

- 4 cups of all-purpose flour *(do NOT pack the flour into the measuring cup)*
- 2 cups of warm water
- 1 teaspoon of salt
- 1/4 teaspoon of granulated yeast (or equivalent)

For the gorgeous readers needing metric equivalents of this recipe, Toon left a comment with the following conversion:

- 500 grams of all-purpose flour
- 4,7 deciliter of warm water
- 4 grams of salt (= 1 teaspoon = 5 ml)
- 1 gram of dry yeast (= 1/4 teaspoon = 1,25 ml)

You'll also need a medium-size mixing bowl, a 10×15 cookie sheet or baking stone, a hand towel or plastic wrap, and whatever you'd like to keep your bread from sticking (if you're using a pan, I use flour and corn meal).

Have everything handy? Good. Let's do this!

1. Mix Water & Yeast

Pour the warm water into the medium-size mixing bowl and stir in the yeast with a spoon. No need to be particular, just dump and slosh.

2. Add Flour And Salt

Add flour and salt to your bowl of yeasty water. This, after measuring out the flour, presents another prime opportunity to get flour on your person. This will be regarded by many as a sign of your culinary determination. You'll need such signs because anybody who actually watches you make the bread will think you're one of the laziest bakers in existence.

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3. Stir Into A Heavy Batter

Use a spoon. You could use your hands if you wanted but you probably didn't wash your hands before starting this anyhow. Start with a quick run about around the perimeter of the bowl with your spoon. A few quick strokes through the middle and you should have a heavy batter. If it looks too thick to be pancake batter and not thick enough to be playdough, you're right on target.

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4. Set It And Nearly Forget It

Cover your project with a hand towel or plastic wrap and set in a safe place for a few hours. After the dough has rested for 8 to 12 hours, it will have nearly doubled in size. (If you add a bit of sugar at the start and you're in a hurry, you can rush this process but I don't recommend it for your first try.)

5. Preheat Oven & Prepare Your Pan

There's a lot of room for variation at this stage. The goal is to place the dough onto a surface that will keep it from falling through the oven rack and not stick on. I use an old cookie sheet sprinkled with flour and corn meal. You can use a buttered pan, pizza stone, or baking paper. It's up to you. The flour/cornmeal method takes only a few seconds.

Before you start prepping your pan/stone, set your oven to 400F. *(For those of you using wood stoves, don't stress the particulars. Pull a few cedar shingles off the back porch roof and get that fire burning hot!)*

6. Pour Out The Batter

This is the fun part! Uncover the bowl of dough and slowly pour it out onto the pan you just prepared for it. You'll want to use a spoon to guide the dough into place and get the last bits out of the bowl. The dough will be very wet and sticky. That's okay! Get the dough out onto the pan and if you're lucky, it'll look something like this:

7. Add Spices (If Needed) & Place Bread Into

400F Oven

If you're trying to stay within the one-minute prep, you probably won't have time to sprinkle some of your favorite herbs onto your ciabatta before baking. If you're not worried about time, some dried oregano, basil, and rosemary make a nice addition.

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8. Remove Your Ciabatta From The Oven

Check on your ciabatta after about 25 minutes. Once it's golden brown on top and looks good to eat, **take it out of the oven and set it aside to cool for at least 10 minutes.** You can cut into it immediately but if you do it'll collapse and won't look as pretty.

Wait! You really thought I wanted you to take a hot pan out of a 400F oven without some sort of protection? Craziness! If you don't have an oven mitt handy, take off your shirt, fold it so there will be at least 6 layers of cloth protecting your hand, remove the pan from the oven and place in a safe spot to cool.

9. Slice & Enjoy

Move your ciabatta off the pan or baking stone and onto a proper cutting board for demolition and devouring. Ciabatta is famous as a sandwich bread but, like most breads, it's absolutely delicious right out of the oven.

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1. **What do you think of this hack?**
2. **Will you try it?** *(Let me know if you do. I'd love to see a photo of your results, too!)*
3. **Would you like to see more articles like this on Lifehack?** If so, is there something in particular you'd like us to cover?

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Ruby Velle reviewed Lifehack.org — 5★
August 2, 2018 ·

Simply amazing email content, I've learned so much from Lifehack and Leon. I love the mix of content in quotes, stories, lists, it's all so juicy and relevant to creating one's best self. 5 Stars! Keep GOING!

Heather Robertson recommends Lifehack.org.
October 16, 2018 ·

The thoughts and tips I have read are common-sense, and attainable. For the most part, every one of the posts has given me a new perspective on a better way to spend my time, my money and my energy. Keep up the good work! And thank you for the time and effort you spend on this Lifehack.org site!

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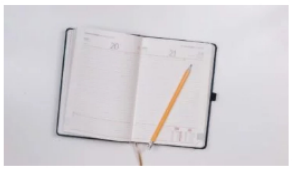
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Last Updated on March 12, 2020

7 Reminders for Overcoming Fear to Make Big Life Changes

James Clear
James Clear is the author of Atomic Habits. He shares self-improvement tips based on proven scientific research. Read full profile

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Overcoming fear and making changes is hard.

It's even harder when it's a big change — breaking up with someone you love, leaving your old job, starting your own business, or hundreds of other difficult choices.

But even if it's obvious that making a big change will be beneficial for us, it can be tough.

We worry. How do we know if we're making the right decision?

We wish we knew more. How do we make a decision without all of the necessary information?

We feel stuck. How do we get past fear and move forward with that thing we want to do?

Well, I certainly don't have all the answers, but here are 7 tips that should help you move

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Well, I certainly don't have all the answers, but here are 7 tips that should help you move forward and make a positive change in your life.

1. You'll Never Have All the Information

We often avoid making important decisions because we want more information before we make a tough call.

Yes, it's certainly true that you need to do your research ... but if you're waiting for the crystal clear answer to come to you, then you're going to be waiting a long time. As humans, we are curious creatures and our need for information can be paralyzing.

Life is a series of guesses, mistakes, and revisions. Make the best decision you can at the time and continue to move forward.

2. You Need to Have Enough Courage to Trust Yourself

We make all sorts of excuses for not making important changes, but the limiting belief that often underlies many of them is that we don't trust ourselves.

We think that if we get into a new situation, we won't know what to do or how to react. We're worried that the uncharted territory of the future will be too much for us to handle.

Give yourself more credit than that.

You've dealt with unexpected changes before right? And when your car got a flat tire on the way to work, how did that end up? Or when you were unexpectedly dumped?

In the end, you were fine.

Have enough courage to trust yourself. No matter what happens, you'll figure out a way to make it work.

3. What's the Worst That Could Happen?

Like jealousy, most of your fears are created in your own head.

When you actually sit down and think about the worst case scenario, you'll realize that there are actually very few risks that you can't recover from.

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Ask yourself, "What's the worst that could happen?"

Once you realize the worst isn't that bad, you'll be ready to crush it.

4. It's Just as Much About the Process as It Is About the Result

We're so wrapped up in results. We worry that if we start out towards a big goal, then we might not make it to the finish line.

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might not make it to the finish line.

Guess what? You're allowed to change your mind.

Furthermore, just because you don't reach the final goal doesn't mean you failed. You chose the goal in the first place. It was arbitrary. You're allowed to choose a new goal halfway through. Failure is not a destination and neither is success.

Enjoy the process of moving forward.

5. Continue to Pursue Opportunity

If you're on the fence about a big decision, then you might be worried about getting locked into a position that you can't escape from.

Think about it a different way. New choices rarely limit your options.

In fact, new pursuits often open up even more opportunities. One of the best things about going after important goals with passion is that they open up chances and options that you never could have expected in the beginning.

If you pursue the interesting opportunities that arise along the path to your goal, then you can be sure that you'll always have choices.

6. Effort Matters, so Use It

It sounds simple, but one of the of the big reasons we don't make change is because we don't try. And we don't try because then it's easy to make excuses for why we don't get what we want.

Flunk that test? Are you stupid? "Of course I'm not stupid. I just didn't study. I would have got an A if I actually studied."

Stuck in a job you hate? Why haven't you found a new job yet? "Well, I haven't really tried to get a new job. I could totally ace that interview if I wanted."

Why do we make excuses like these to ourselves? It's because if we try and fail, then we just failed. But if we don't try, well then we can chalk it up to laziness.

Get over it. Failure happens to everyone.

And the funny thing is, if you actually try — because it's pretty clear that most people aren't trying — then you'll win a lot more than you think.

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7. Start With Something Manageable

You can't climb Everest if you don't try hiking beforehand.

Maybe applying for your dream job seems intimidating right now. What can you start with today?

Can you talk to someone who already has that position and see what they think makes

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them successful? Can improve your skills so you meet one of the qualifications?

You don't need to be a world changer today, you just need to make a small change in your own world.

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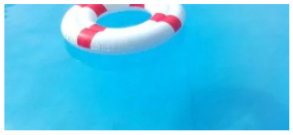

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